



5. Trefffurter Stadtlauf  
Treffurt / 13.09.2008

Detailed evaluation

**Bang, Thomas**

Club: Federn Oßwald  
Number: 1213

Course: 5.00 km  
Geländelauf

Category:  
Männer M20

Total time: 19:46

Speed: 15.18 km/h  
Running performance: 3:57 min/km

Rank in course/Total: 1 (of 64)

Rank in course/Men: 1 (of 46)

Best time in course: 19:46

Rank in category: 1(of 4)

Best time in the category: 19:46